

Eat Smart Be Smart

NUTRITION EDUCATION RESOURCES

- **Choose MyPlate Materials** <http://www.choosemyplate.gov/>
Includes a Ten Tips Nutrition Education series, 10 tips to a great plate, MyPlate graphics, and many more resources.
- **USDA Team Nutrition Resources**—includes a variety of grade specific curriculum, including <http://teamnutrition.usda.gov/library.html>
Serving up My Plate: A Yummy Curriculum ((grades 1-6), and Nutrition Voyage: A Quest to be Your Best (grades 7-8)
Create Healthy Active Celebrations Guide
<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf>
- **Eat Smart Play Hard.™ Materials**
<http://www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp>
A variety of resources (activity sheets, lesson plans, brochures, posters) that are designed to teach students to eat smart and play hard.
- **Kids Health in the Classroom**
<http://classroom.kidshealth.org/>
This Web site has curriculum materials, categorized by grades, covering many areas of health.
- **WIN the Rockies Kids Lessons**
http://www.uwyo.edu/WINTHEROCKIES_EDUR/WINKidsLessons.asp
Thirteen nutrition, physical activity and body image lessons that are appropriate for classroom and non-classroom settings and are aligned to national (as well as Idaho, Montana and Wyoming) health education standards. Pre- and post-assessment tools are included.
- **Nutrition for Kids (sponsored by 24 Carrot Press)**
<http://www.nutritionforkids.com>
This Website has access to Connie Evers, MS, RD nutrition books ([How to Teach Nutrition to Kids](#)) and activity guides, as well as a free kids newsletter and weekly carrot (nutrition tip).
- **Food for Thought Curriculum (Grades K-5)**
www.nutritionnc.com/ResourcesForSchools/index.htm
North Carolina Nutrition Education and Training Program developed this engaging nutrition education curriculum for students in Grades K-5.
- **What's Cooking in the Classroom Curriculum**
http://www.rutgers.njfsnep.org/edu_materials/default.asp
Here you will find curriculum materials that cover nutrition concepts through language arts and heritage storytelling lessons. Lessons were designed by teachers and health professionals.
- **Teach Free**
<http://www.teachfree.com/>
This Web site provides educators with high-quality educational materials that supplement the core curriculum. Resources can also be downloaded for use in the classroom.

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- **Nutrition Explorations**

<http://www.nutritionexplorations.org/educators/lessons-main.asp>

At this Web site you will find fun, hands-on, and interactive activities from the National Dairy Council. Specific age-appropriate lessons are available for pre-k to upper elementary grades.

- **Farm to School**

<http://www.farmtoschool.org/>

As Farm-to-School programs rapidly gain popularity in Montana, this Web site will help to explain the many facets of a farm-to-school program. Media groups can find key information by clicking on the Resources link and find answers to frequently asked questions about Farm to School.

- **Food Safety and Nutrition Newsroom**

<http://www.ific.org/newsroom/>

The International Food Information Council (IFIC) has created a section of their Web site dedicated to providing journalists with science-based information and guidance on food safety issues and stories. Not only are there links to recent press releases, journalists will also have access to a section on "Tips for Reporting on Food Safety, Nutrition and Health".

- **Your Own Healthy Eating Style Curriculum (Grades 6-8)**

This Montana-made curriculum is geared for grade 6-8 students and contains six lesson plans that address healthy eating strategies, active living and healthy body image.

<http://www.opi.mt.gov/pdf/health/bodyimagecurr.pdf>

- **Eat to Be Fit: Nutrition Informational Handouts (Grades 6-12)**

This Montana-made resource is a series of 12 informational handouts for teenagers. These handouts address various nutrition topics that were identified by teens to be of most interest and importance to them. <http://www.opi.mt.gov/Health/fit.html>

- **National Eating Disorders Association**

<http://www.edap.org>

The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.

For Adults, Parents and Families:

- **Eat Right Montana: Healthy Families Media Campaign**

<http://www.eatrightmontana.org/eatrighthealthyfamilies.htm>

This link will bring you to a link covering various aspects of healthy eating and active living. Check out the press releases, delicious and easy recipes and nutrition/fitness information.

This list was compiled by Montana Team Nutrition Program, Montana State University, (406) 994-5641.

For a list of additional nutrition education resources go to:

[http://opi.mt.gov/Programs/SchoolPrograms/School Nutrition/index.html#gpm1 10](http://opi.mt.gov/Programs/SchoolPrograms/School%20Nutrition/index.html#gpm1_10)

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